



Supervisor Reilich welcomes you to the...

Community & Senior Center

Creating Community Through People, Parks and
Programs

Bill Reilich,
Supervisor

Greece Town Board

Michael Barry, Jr.

1st Ward Councilman

Brett Granville

2nd Ward Councilman

Andrew Conlon

3rd Ward Councilman

Diana M. Christodaro

*4th Ward
Councilwoman*



September 2015

Calendar and Events

Monday-Thursday: 8:00am-8:00pm

Friday: 8:00am-5:00pm

Saturday: 8:00am-1:00pm

***Closed Monday, September 7th ***

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance, on the grounds of race, color, sex, religion, national origin, disability, or marital status.

3 Vince Tofany Blvd. Greece, NY 14612

(585) 723-2425

www.greeceny.gov

Did You Know?

As a resident of Greece, you get a FREE Membership?

As a valued member of the Community & Senior Center, you will be able to take advantage of fitness classes, special events, various activities and quality facilities offered year-round.

We have programs for all ages and abilities that will increase your quality of life through activity, socialization and fun.

Fees

Greece Residents: Free

Non-Residents: \$50 per year

Town of Greece residents, through Town taxes, make a significant financial contribution to the operation of Town services. Non-resident fees are charged to apportion an equalizing fee to non-resident participants so that they can contribute to the overall financing of Town services on an equitable basis with Town residents.

Activities offered by the Town of Greece Community & Senior Center

are funded by: The Town of Greece, NYS Office for Children and Family Services, NYS Office for the Aging, Monroe County Department of Human and Health Services, Rochester-Monroe County

Youth Bureau, Monroe County Office for the Aging.



It's Easy to Join!

- Simply visit our friendly team at 3 Vince Tofany Boulevard in Greece.
- Bring proper photo identification which shows proof of residency (driver's license, etc).
- We will sign you up, take your picture and your I.D. card will be printed on site.

Finally, start taking advantage of all the great things we have to offer such as:

Indoor Walking Track
Fitness Classes
Cards (Bridge, Euchre and more)
Lounge
Youth and Family Programs

*Some classes require a fee. Class credits can be purchased on site.

CSC Member Passes

Resident Member Pass

- \$15.00 = 16 credits
- \$30.00 = 33 credits
- \$45.00 = 50 credits

Non-Resident Member Pass

- \$20.00 = 16 credits
- \$40.00 = 33 credits
- \$60.00 = 50 credits

SEPTEMBER ACTIVITY CANCELLATIONS

Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5
7 CSC Closed All Programs Cancelled	8	9	10 Bridge 12:30-4:00pm	11 Core Fitness Strength & Conditioning Euchre AM Pinochle Wheels in Motion AM Open Line Dance Kids Create Craft Club Bridge Skills Table Tennis Wheels in Motion PM Gentle Stretch & Strength Mahjongg Euchre PM Family Shoot Around	12
14	15	16	17	18	19
21	22 Tai Chi 9:00- 9:50am Bridge 12:30- 4:00pm	23	24	25 Core Fitness Strength & Conditioning Euchre AM Pinochle Wheels in Motion AM Open Line Dance Kids Create Craft Club Bridge Skills Table Tennis Wheels in Motion PM Gentle Stretch & Strength Mahjongg Euchre PM Family Shoot Around	26
28	29	30	Want to stay informed on upcoming activities and events? Email us at greeceparksandrec@greeceny.gov		

Monday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-10:00am

***Please Note: The CSC will be closed Monday, September 7th ***

Core Fitness 1 Credit	8:15-8:45am Gym No Program 9/7
Low Impact Aerobics 1 Credit	9:00-9:50am Gym No Program 9/7
Quilting & Crafting	9:00am-12:00pm ACT D No Program 9/7
Eldersource Caseworker Health, Social & Financial Assistance	9:30-12:30pm Cancelled 9/7
Bingo	9:45-11:30am & 12:30-2:30pm ACT C No Program 9/7
Table Tennis	10:00am-12:30pm Gym No Program 9/7
Open Play Ages 2-6 Starts: 9/14	10:30am-12:30pm Gym
"Kids Create" Craft Club Ages 2-6 Starts: 9/14	11:00am-1:00pm Art Room
Penny Poker	12:30-3:30pm ACT D No Program 9/7
Duplicate Bridge	12:30-4:00pm MPR B & C No Program 9/7
Euchre	1:00-4:00pm ACT B No Program 9/17
Gentle Stretch & Strength 1 Credit	1:00-1:50pm Gym No Program 9/7
Wheels in Motion Ages 2-6 Starts: 9/14	1:30-2:30pm Gym
Open Gym Ages 14-17 Starts: 9/14	3:00-5:00pm Gym
Learn to Play Pickleball Starts: 9/14	5:30-7:45pm Gym
Adult Volleyball Starts: 9/14	5:30-7:45pm Gym
Walk Fit 1 Credit Starts 9/14	6:00-6:50pm MPR B & C
Munchkin Mats Ages 1-3 Starts: 9/14	6:15-7:15pm MPR C

Tuesday

Walking Track Open 8:00am – 7:50pm

Music 9:00am-12:00pm & 6:00-7:00pm

Walk Fit 1 Credit	9:00-9:50am Gym
Tai Chi & QiGong 1 Credit	9:00-9:50am MPR B No Program 9/22
Euchre	9:00-11:30am ACT B
Open Sewing Dates: 9/1 & 9/15	9:30am-2:30pm ACT C
Strength & Conditioning 1 Credit	10:00-10:50am Gym
“Kids Create” Craft Club Ages 2-6 Starts: 9/8	11:00am-1:00pm Art Room
Scrabble	10:00am-12:00pm ACT D
Open Line Dance	11:00am-12:00pm Gym
Contract Rummy Dates: 9/8 & 9/22	10:00am-12:00pm ACT C
Toddler Time 2 and Under Starts: 9/8	10:00-10:30am Gym 10:30-11:00am Craft Room
Play & Create Ages 2-6 Starts: 9/8	10:30-11:00am Gym 11:00-11:30am Craft Room
Senior Movie: “American Sniper” Date: 9/22	12:30-2:30pm MPR B & C
Advanced Pickleball Self-Rated	12:30-3:00pm Gym
Bridge	12:30-4:00pm MPR B No Program 9/22
Open Gym Ages 10-13 Starts: 9/8	3:30-5:30pm Gym
Zumba Age 8 & Older 1 Credit	6:00-6:50pm Gym
Abs Plus 1 Credit	7:00-7:50pm MPR B & C

Wednesday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

Flex & Stretch Yoga 1 Credit	9:00-9:50am Gym
Project Linus Date: 9/2	9:00am-12:00pm ACT D
CSC PE Ages 7-12 1 Credit Starts: 9/16	10:00-11:00 Gym
“Kids Create” Craft Club Ages 2-6 Starts: 9/9	11:00am-1:00pm Art Room
Table Tennis	12:00-3:00pm Gym
Health Seminar “The Shoulder” Date: 9/23	12:00-1:00pm MPR C
Open Play Ages 2-6 Starts: 9/9	12:30-1:30pm Gym
Gentle Stretch & Strength 1 Credit	1:00-1:50pm MPR B & C
Art Club	1:00-3:00pm ACT C
Euchre	1:00-4:00pm ACT B
Open Gym Ages 14-17 Starts: 9/9	3:00-5:00pm Gym
Community Pickleball Starts: 9/9	5:30-7:45pm Gym
Total Body Circuit 1 Credit Starts 9/9	6:00-6:50pm MPR B & C
Munchkin Mats Ages 1-3 Starts: 9/9	7:00-7:45pm MPR B & C

Thursday

Walking Track Open 8:00am – 7:50pm

Music 8:00am-10:00pm & 6:00-7:00pm

Zumba Gold 1 Credit	9:00-9:50am Gym
Euchre AM	9:00-11:30am ACT B
Open Mats for Under 2 Starts: 9/17	9:00-10:00am MPR C
Bingo AM	9:45-11:30am ACT C
Wheels in Motion Ages 2-6 Starts: 9/10	10:00-10:50am Gym
"Kids Create" Craft Club Ages 2-6 Starts: 9/10	11:00am-1:00pm Art Room
Fun with Fitness Ages 2-6 1 Credit Starts: 9/17	11:00am-12:00pm Gym
Bingo PM	12:30-2:30pm ACT C
Beginner/Intermediate Pickleball Self-Rated	12:30-3:00pm Gym
Penny Poker	12:30-3:30pm ACT D
Bridge	12:30-4:00pm MPR B No Program: 9/10
Euchre PM	1:00-4:00pm ACT B
Open Gym Ages 10-13 Starts: 9/10	3:30-5:30pm Gym
Table Tennis	3:30-7:30pm Gym
Cardio Interval 1 Credit	6:00-6:50pm Gym

Friday

Walking Track Open 8:00am – 4:50pm

Music 8:00am-12:00pm

Core Fitness 1 Credit	8:15-8:45am Gym No Program 9/11 & 9/25
Strength & Conditioning 1 Credit	9:00-9:50am Gym No Program 9/11 & 9/25
Euchre AM	9:00-11:30am ACT B No Program 9/11 & 9/25
Pinochle	9:00-11:30am ACT D No Program 9/11 & 9/25
Wheels in Motion Ages 2-6 Starts: 9/18	10:00-10:50am Gym No Program 9/25
Open Line Dance	11:00am-12:00pm Gym No Program 9/11 & 9/25
“Kids Create” Craft Club Ages 2-6 Starts: 9/18	11:00am-1:00pm Art Room No Program 9/25
Bridge Skills	11:30am-2:30pm ACT D No Program 9/11 & 9/25
Table Tennis	11:30am-2:30pm MPR B & C No Program 9/11 & 9/25
Songsters Starts: 9/11	12:30-2:00pm ACT C
Wheels in Motion Ages 2-6 Starts: 9/18	1:00-1:50pm Gym No Program 9/25
Gentle Stretch & Strength 1 Credit	1:00-1:50pm MPR C No Program 9/11 & 9/25
Mahjonn	1:00-4:00pm MPR B No Program 9/11 & 9/25
Euchre PM	1:00-4:00pm MPR A No Program 9/11 & 9/25
Family Shoot Around Starts: 9/18	2:30-4:30pm Gym No Program 9/25

Saturday

Walking Track Open 8:00am – 12:50pm

Zumba
1 Credit
Starts: 9/12

8:00-8:50am Gym

First Touch Soccer
9/12 – 10/17
\$23.00

9:15-10:15am
Outside/Gym Weather Permitting

Tiny Tyke Soccer
9/12-10/3
FULL

10:30-11:15am
Outside/Gym Weather Permitting

**Pickleball Tournament 45 &
Older Advanced Men**
Date: 9/12

9:00am-2:00pm Outdoor Courts
\$20.00 per team

**Pickleball Tournament 45 &
Older Advanced Women**
Date: 9/26

9:00am-2:00pm Outdoor Courts
\$20.00 per team

INDOOR PICKLEBALL SCHEDULE

Learn to Play Pickleball

No prior experience of the game necessary to participate

Monday 5:30-7:45pm (Starting 9/14)

Advanced Pickleball (Self-Rated)

Tuesday 12:30-3:00pm

2 COURTS—ADVANCED

1 COURT—BEGINNER/INTERMEDIATE (BLUE COURT)

Community Pickleball

Wednesday 5:45-7:45pm (Starting 9/9)

Beginner/ Intermediate Pickleball (Self-Rated)

Thursday 12:30-3:00pm

2 COURTS—BEGINNER/INTERMEDIATE

1 COURT—ADVANCED (BLUE COURT)

Greece on the Go

*Keeping **You** Moving in Greece and Beyond*

Grocery Shopping Trips

Tuesday, September 1: Greece Wal-Mart

9:00-11:30am

Medical Motors Transportation

Thursday, September 10: Greece Center Public Market

9:00-11:30am

Medical Motors Transportation

Friday, September 18: Trader Joe's

9:00-11:30am

Medical Motors Transportation

Thursday, September 24: Wegman's in Webster & The Hobby Lobby Store

9:00-11:30am

\$2.00 to ride bus

For Trips noted "MEDICAL MOTORS TRANSPORTATION"

Through the Greece Senior Center, for Greece seniors, Medical Motors offers monthly trips to area grocery stores.

Transportation is free and ***requires a minimum of 3 riders.***

You may sign up at the front desk ahead of time or attend the day of.

Senior Lunch Trips

Friday, September 4: The Genesee Brewery and Restaurant

11:15am-1:45pm

\$2.00 to ride bus

Tuesday, September 8: Golden Corral

11:15am-1:45pm

\$2.00 to ride bus

Wednesday, September 16: Nick's Seabreeze Inn

11:15am-1:30pm

\$2.00 to ride bus

Tuesday, September 22: Leo's Bakery

11:15am-1:00pm

\$2.00 to ride bus

LUNCH TRIPS

- Lunch trips require a minimum of 7 riders with a maximum of 14.
- Cost of lunch is not included.
- Register ahead at the front desk.

Please Note:

**All trips depart and return from the Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612**

Reserve a spot at the front desk or by calling 723-2425



September Lunch Club 60 Menu

Serving Time: 11:30 am
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals served with milk, bread and margarine.</p> <p>Soup served with crackers.</p>	<p>1</p> <p>Meat Lasagna Carrots Tuscany Blend Vegetables Italian Bread Mandarin Oranges</p>	<p>2</p> <p>BBQ Chicken ¼ Heart Healthy Pasta Vegetable Soup Coleslaw w/Pineapple Corn Muffin Sherbet</p>	<p>3</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Wheat Bread Honeydew</p>	<p>4</p> <p>Braised Pork Chop w/ Gravy Orange Juice Smashed Potatoes Pea & Cheese Salad Rye Bread Applesauce</p>
<p>7</p> <p><u>CSC Closed</u></p> <p>Labor Day</p>	<p>8</p> <p>BBQ Pulled Pork on a Bun Navy Bean Soup Coleslaw w/ Pineapple Apricots</p>	<p>9</p> <p>Stuffed Pepper w/ Sauce Red Jacketed Potatoes Corn Rye Bread Pears</p>	<p>10</p> <p>Tacos w/ Ground Beef, Cheese, Shredded Lettuce, Tomato Wedges, Salsa & Sour Cream South Western Chicken Soup Petite Banana</p>	<p>11</p> <p><u>No Lunch Served</u></p> <p>Oktoberfest Party</p>
<p>14</p> <p>Meatballs Pasta & Sauce Tossed Lettuce Salad Italian Dressing Tuscany Blend Vegetables Italian Bread Mandarin Oranges</p>	<p>15</p> <p><u>Cindy Rapp: Diet to Help People w/ Arthritis</u> Rosemary Oven Browned Chicken ¼ Mexican Bean Soup Mashed Sweet Potatoes Wheat Bread Pineapple</p>	<p>16</p> <p>Individual Meatloaf w/ Vegetable Gravy Scalloped Potatoes Broccoli Rye Bread Petite Banana</p>	<p>17</p> <p>Braised Pork Chop w/ Gravy Mashed Potatoes Romaine Spinach Salad w/ Ranch Dressing 12 Grain Bread Applesauce</p>	<p>18</p> <p>Breaded Haddock w/ Tartar Sauce Minestrone Coleslaw w/ out Pineapple Wheat Bread Chocolate Pudding</p>
<p>21</p> <p>Chicken Cordon Bleu Grape Juice Scandinavian Blend Vegetables Lima Beans 12 Grain Bread Oatmeal Raisin Cookie</p>	<p>22</p> <p>Sloppy Joes on Bun Vegetable Soup Romaine Spinach Salad w/ French Dressing Petite Banana</p>	<p>23</p> <p>Sweet & Sour Pork Loin over Brown Rice Oriental Blend Vegetables Carrots Rye Bread Peaches</p>	<p>24</p> <p>Open Faced Hot Roast Beef Sandwich w/ Gravy Tomato Florentine Soup Mashed Potatoes 12 Grain Bread Fresh Apple</p>	<p>25</p> <p><u>No Lunch Served</u></p> <p>End of Summer Picnic</p>
<p>28</p> <p>Italian Sausage w/ Onions & Peppers on Bun Beef Barley Vegetable Soup Peas Fresh Orange</p>	<p>29</p> <p>Beef Stew over Warm Biscuit Tossed Lettuce Salad w/ Ranch Dressing California Blend Vegetables Peaches</p>	<p>30</p> <p>Vegetable Lasagna Tossed Lettuce Salad w/ Italian Dressing Broccoli Italian Bread Fresh Apple *Cupcakes*</p>	<p><u>Funding</u></p> <p>This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.</p>	

Lunch Reservation Procedure

(Please call 723-2425)

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- The latest a meal can be made is 10:00am the day before the meal is served
- All meal cancellations must be made by 10:00am the day before the meal is served

Medical Motors Transportation

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
 - Returns are 12:30 & 2:30, Mon-Fri

Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.

Health Seminar "The Shoulder"

DATE: Wednesday, September 23, 2015

TIME: 12:00-1:00pm

LOCATION: Multipurpose Room C

COST: Free

- Pain due to impingements, tears, tendonitis or rotator cuff issues
- Common causes of shoulder pain and treatment options
- Answers & recommendations for treatment of shoulder pain

Register at the front desk or by calling 723-2425



DIETITIAN'S DESK NEWSLETTER



SEPTEMBER 2015 EDITION

Bone Health

Building and maintaining strong bones is essential for a healthy and active lifestyle, especially as we age. Fractures such as those of the hip can be a major setback and even fatal. Check out these nutrition tips to help you ensure your bones stay in good shape. As always, check with your physician or a registered dietitian to make sure your bones are on the right track!



Keep up with Calcium:

Calcium is a chief structural component that makes up our bones. Having the right amount in your diet can help reduce the risk of fractures and keep your bones in tip-top shape. You should aim for 1,000 – 1,200 mg of calcium per day. Classic sources include dairy, such as milk, yogurt and cheese. But don't forget green leafy vegetables (kale, escarole, collard greens), nuts (almonds, pistachios), seeds, and legumes. Also, some foods are fortified with calcium, such as certain orange juices.

Don't go overboard though, as too much of a good thing isn't best: having extra calcium beyond the suggested amount will not provide benefit and can potentially interfere with medications or raise the risk of certain medical problems. If you are unsure if you are getting enough calcium, talk with your doctor or dietitian.



Calcium sources:

8 oz low-fat plain yogurt: 415 mg
1 cup cooked collard greens: 360 mg
1 c skim milk: 300mg
1 c black eyed peas: 210 mg
1 c orange slices: 80 mg
1 oz almonds: 70 mg



Vitamin D

This vitamin is just as important for your bones as calcium. Vitamin D is critical to the absorption and regulation of calcium in the body. It is also involved in other body systems such as the immune system and cell growth. 600-800 iu's per day is a good target, which can come from foods or be produced by your body when exposed to sunlight. Naturally found in some fish and egg yolks, vitamin D is also fortified into many foods such as milk, soy products, orange juice, cereals, and bread. Many doctors can also test your vitamin D to find out if you would benefit from supplementation.



Vitamin D sources:

3 oz rainbow trout: 645 iu
3 oz swordfish: 566 iu
1 c fortified milk: 300 iu
1 c black eyed peas: 120 iu
1 large egg: 40 iu



Magnesium

Magnesium helps build strong bones, but also plays roles in many other body processes and is critically important for overall health. Adequate magnesium levels, for example, can lower your risk for type II diabetes as well as improve muscle function. 320 – 420mg is required per day, and good sources include beans, peas, nuts, and seeds. Other sources include green leafy vegetables, whole grains, dairy products, bananas, avocados, and fish.

Magnesium sources:

1 oz almonds: 80 mg
½ c cooked spinach: 80 mg
½ c cooked black beans: 60 mg
2 tbs peanut butter: 50 mg
8 oz low-fat plain yogurt: 40 mg
1 medium banana: 30 mg



Adult Day Trips



Wednesday, September 2

Genesee Country Village & Museum

Visit one of the largest living history museums in the county located just outside of Rochester, NY in Mumford. With costumed interpreters, restored historic buildings, relive history in this authentic 19th Century Country Village that's home to the John L. Wehle Gallery and nature center.

Lunch will be at *Tom Wahl's* at your own expense.

9:15am-2:00pm

\$17.00 per person

Registration FULL

Wednesday, September 9

Vidler's Five & Dime in East Aurora

Mix a little bit of the old and the new at Vidler's with a piece of hand crafted jewelry or new gadget. With over 75,000 items to view your shopping opportunities are endless!

Lunch will be at the *Riley Street Station* at your own expense.

9:00am-3:00pm

\$3.00 per person

All trips depart and return from
the Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612

Wednesday, September 30

Goodwill and Saver's Thrift Stores/Schutts Apple Cider & Mill Market

Enjoy a day of thrift shopping at Goodwill and Savers in Webster followed by a visit to the Cider Mill. Lunch to follow at your own expense at T's Family Restaurant.

9:15am-2:15pm

\$3.00 per person

OUR TRIPS ARE POPULAR!
With a limited number of seats
on the bus and the popularity of
our trips, they fill up fast!
SIGN UP TODAY!

Wednesday, October 7

Sam Patch Boat Cruise

Cruise into the Fall season aboard the Sam Patch Boat that departs from Schoen Place in the Port of Pittsford. This 2-hour cruise will take you along the legendary Erie Canal.

Snacks and beverages may be purchased on board at your own expense.

12:45-4:15pm

\$15.00 per person



Friday, October 9

Mt. Hope Cemetery Tour

Tour the Mt. Hope Cemetery right on the CSC bus amongst majestic trees, historic buildings and monuments and memorials dedicated to those who have preceded us. This tour is 1-2 hours in length, comfortable shoes and clothing would be best as there will be an opportunity to walk.

Lunch will be at the *Elmwood Inn* after the tour at your own expense.

9:15am-2:15pm

\$8.00 per person

Wednesday, October 14

The Medina Railroad Museum & Train Ride

The Medina Railroad Museum is filled with railroad artifacts and has one of the largest model-train layouts in the country. You will have a chance to explore the museum as well as a 2-hour train ride.

Lunch will be at the *Shirt Factory* at your own expense.

9:00am-4:00pm

\$25.00 per person

Friday, October 16

The Holland Office Museum in Batavia

Welcome to the birthplace of Western, NY! From this building key decisions to the history of New York and the US were made. Your trip to the museum will include a 1-hour guided tour as well as a visit to Oliver's Candy Store.

Lunch will be at Alex's Place at your own expense.

9:30am-3:30pm

\$8.00 per person

Song & Craft



Songsters



Come join us! We are a senior choir that meets once a week to do what we love to do—sing! We have a director and piano accompanist who leads us on different styles of music and seasonal favorites that we sing for enjoyment and we also perform in the community. If you enjoy music this group is for you!

Fridays, Sept 11- Dec 18, 2015

No Program 11/27

12:30-2:00pm

\$30.00 per person

Adult Fall Craft

Welcome back the fall season by creating this festive wreath filled with hues of orange, yellow, red and cream.

Wednesday, October 14th

10:00-11:00am

\$13.00 per person

Minimum of 10 participants

Maximum of 14 participants



*Actual Wreath
See display at front desk*

OKTOBERFEST PARTY

Friday,
September 11th
10:45am-2:30pm

Lunch Served at 11:30am

Menu

Pork Schnitzel
German Potato Salad
Sweet & Sour Red
Cabbage
Sauerkraut
German Sausage
German Chocolate Cake

**\$7.00 per
person**



“Rivetingly Absurd”
The New York Times

Music Provided by the
Fred Lampepy Band

Featuring:

HILBY

Skinny German Juggler

TICKETS ON SALE NOW!

Sponsored by
Crimson Ridge
Senior Living

End of Summer Picnic

Friday, September 25th

10:45am-2:00pm

Food Served at 11:30am

Under the
Pavilion!

*In case of inclement weather
event will be held inside of the
CSC*

Tickets on Sale
Now!

Cost:

\$3.00 per person



MENU

Hot Dog
Macaroni Salad
Watermelon
Brownies
Bottled Water

Entertainment Provided
By:

The Johnny Matt Band

Band will play from 12:30-2:00pm

Event Sponsored by



Date:

Friday, October 30th

Time:

10:45am-2:30pm

Location:

Greece Community Center
3 Vince Tofany Blvd

Cost:

\$7.00 per person-Tickets on
Sale **Tuesday, Sept 1st-**
Monday, Oct 19th

MENU

CHICKEN CORDON BLEU
ROASTED POTATOES
VEGETABLES
ROLLS & BUTTER
PUMPKIN PIE
MILK

Guests are encouraged to come dressed in costume

For more information call 723-2425 or visit us at www.grreceny.gov/CSC

ADULT HALLOWEEN PARTY

TICKETS ON SALE
TUESDAY, SEPTEMBER 1ST



Entertainment Provided By:

The Don Newcomb Band

Band will play from 12:30-2:30pm

Entertainment Sponsored By:



Kids/Youth Activities

Open Play for Ages 2-6

Mondays & Wednesdays, Starting Sept 14th

A gym filled with toys, mats, tunnels, blocks and other play equipment; a wonderful opportunity to let your toddler run loose and interact with other children their age.

Please Note: Wednesdays Open Play will start 9/9

10:30am-12:30pm (Mondays)

12:30-1:30pm (Wednesdays)

Ages 2-6

Free for CSC Members

Wheels in Motion

Mon/Thur/Fri, Starting Sept 14th

Grab your helmet and take a spin on our big wheels in the gym.

Note: A helmet is required at all times.

1:30-2:30pm (Mondays)

10:00-10:50am (Thursdays)

10:00-10:50am & 1:00-1:50pm (Fridays)

Ages 2-6

Free for CSC Members

"Kids Create" Craft Club

Monday-Friday, Starting Sept 14th

If your child enjoys hands-on activities and hanging their newest creation on the fridge, then come and enjoy weekly themed crafts with us!

11:00am-1:00pm

Ages 2-6

Free for CSC Members

Munchkin Mats

Mondays & Wednesdays, Starting Sept 14th

Let your little munchkin get rid of all that energy before bedtime as they run and play on our mats.

Please Note: Wednesdays Munchkin Mats will start 9/9

6:15-7:15pm (Mondays)

7:00-7:45pm (Wednesdays)

Ages 1-3

Free for CSC Members



Toddler Time

Tuesdays, Starting Sept 8th

Let your toddler run and play on our mats and finish with a new craft to hang up at home. This program will start with a half hour of gym time and then moves to the art room for craft making.

10:30am-12:30pm

Ages 2 and Under

Free for CSC Members

Open Mats for Under 2

Thursdays, Starting Sept 17th

Bring your little ones to run, roll and play on our mats while making new friends!

9:00-10:00am

Ages 2 and Under

Free for CSC Members

Fun with Fitness

Thursdays, Starting Sept 10th

This program is designed for kids to participate in fun physical activities that promote the development of coordination, balance, as well as social skills. Each week children will have a themed activity that allows them to engage with play equipment, simple games, tumbling mats, and play shapes.

11:00am-12:00pm

Ages 2-6

1 Credit

CSC/ PE

Wednesdays, Starting Sept 16th

The CSC/PE class will utilize sports and leisure activities to promote a healthy lifestyle and understanding of health and wellness with an emphasis on small and large group games.

10:00-11:00am

Ages 7-12

1 Credit

Play & Create

Tuesdays, Starting Sept 8th

Similar to Toddler Time, our Play & Create program offers our older toddlers the opportunity to run and play on mats and time to make a new piece of art. This program will start with a half hour of gym time and then move to the art room for craft making.

10:30am-11:30pm

Ages 2-6

Free for CSC Members

Please Note:
All activities and
programs require
Parent/Guardian
supervision



of Rochester Presents:

The Tortoise and the Hare

Drama Kids International of Rochester is delighted to offer a **FREE** workshop for student's ages 6-10 in which they will dramatically retell *The Tortoise and the Hare*.

Date:

Tuesday, September 29th

Time:

6:15-7:15pm

Location:

Greece Community Center

3 Vince Tofany Blvd

Greece, NY 14612

Minimum of 10 Students

Maximum of 20 Students

Pre-Registration Required.

Register Now-Sep 22nd

**Families please come 10 minutes
early to watch students present!**





Pancakes with Pooches

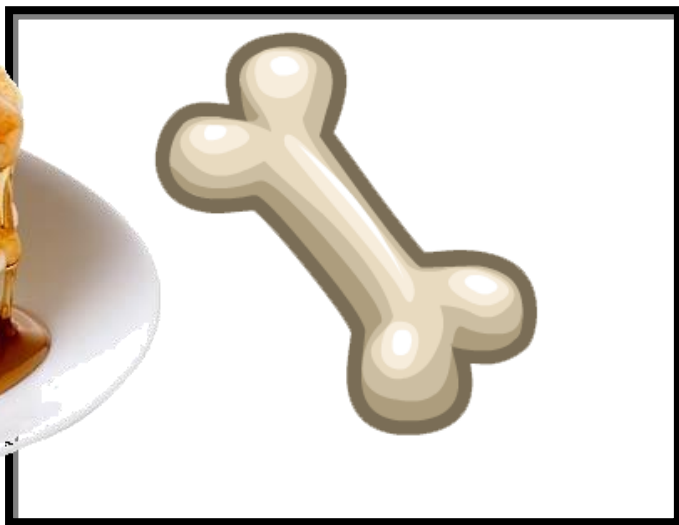
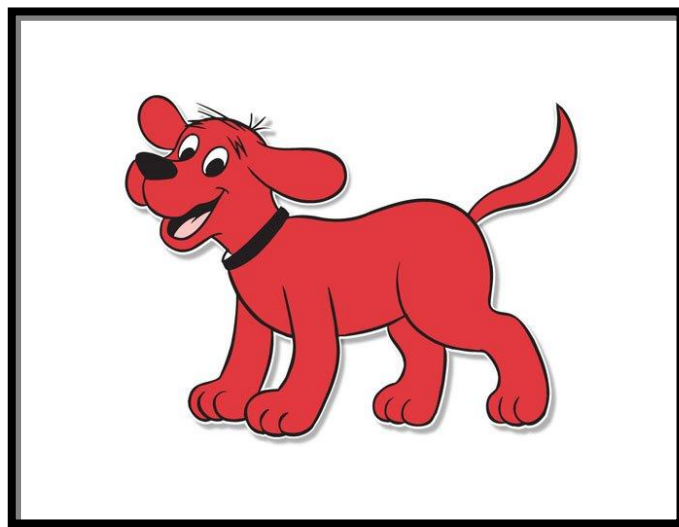


Friday, October 9th

10:00-11:30am

\$2.00 per person

- Bring your favorite stuffed pooch
- Enjoy a breakfast of pancakes with toppings
- Open Gym Activities
- Special guests *Clifford the Red Dog* and his Dalmatian friend!



“KIDS DISCOVERY DAY”

On Columbus Day

MONDAY,
OCTOBER 12TH



SCHEDULE OF ACTIVITIES

Open Mats & Open Play

9:30-10:45am Ages 2-6

Suminagashi Art

An ancient Japanese technique for decorating paper with ink. Looks similar to marble painting

11:00am-12:30pm All Ages

Talent Show

Open Mic/Dance/Poetry Reading

10:45-11:45am All Ages

Lunch Box Special

Bring your own lunch bag/box and enjoy music and board games

12:00-12:45pm All Ages

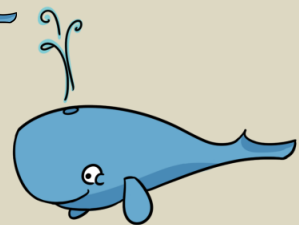
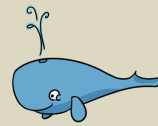
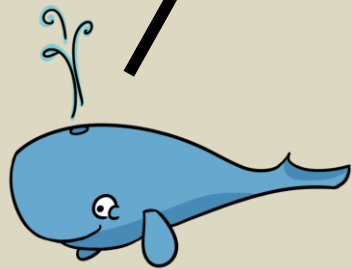
*Powder Puff / Peach Fuzz Sports
& Games*

Games Include: Hockey, Soccer, Basketball Football, Volleyball, Tag Games and more!

1:00-2:30pm Ages 8-13



FREE



Pre-sign up is required for all talent participating in the talent show. Each talent will receive 5 minutes of performance time.

Deadline:

**Monday, October
5th**





Pearl Girls Program

Positive Encouragement & Resourceful Learning

Discover

The Power Of

Confidence • Character • Friendship

The “Pearl Girls Program” is designed to help girls develop self-esteem, respect, responsibility as well as friendships while learning how to take care of **mind**, **body** and **spirit**. Each girl will work for 6 weeks with Professional Instructor, Mary Hutchins, to practice:

- Good Posture
- Walking
- Taking Care of nails, hair and skin
- Make-up Application
- Clothing Style & Techniques

Supplies will be provided to use in class for manicures, body and skin care.

Program Information

Mondays

October 12-November 16, 2015

6:15-7:30pm

\$48.00 per person

For Ages 11 to 16 years old

Registration Begins: Monday, August 10

Registration Ends: Monday, October 5

Minimum of 10 participants required
Maximum of 25 participants

TRIPLE *THREAT* BASKETBALL

Who:

Youth ages 5-8

When:

Saturdays, October 24-
December 19, 2015
9:15-10:15am

Where:

Greece Community Center
3 Vince Tofany Blvd
Greece, NY 14612


How:

Register online at
www.greeceny.gov/CSC or
in person

Fee:

\$35.00 per child

Minimum of 10 participants
Maximum of 20 participants



*An introductory basketball
program that emphasizes
the fundamentals of
sportsmanship and age
appropriate skill
development*



Date:

Friday, October 30th

Time:

6:00-8:00pm

Location:

Greece Community Center
3 Vince Tofany Blvd
Greece, NY 14612

Cost:

\$2.00 Per Child Sept 1-Oct 23

\$4.00 Per Child at the Door

Pre-Registration is required for this event. **Register Tuesday, September 1st-Friday, October 23rd**

Activities

- Dance Party with DJ "Rockin Rick"
- Games
- Crafts
- Pizza
- Story Time
- Movie
- Haunted House

You're in for a
spook-tastic time!



*Families are encouraged to come dressed in costume
For more information call 723-2425 or visit us at greecenyny.gov/CSC*

CSC HIKING & EXPLORATION PROGRAM



**Thursdays
Through October 29th
10:00am-12:30pm**

Hiking starts promptly at designated site



Hikes for September

- September 3: Badgerow Park, Latta Rd Entrance
- September 10: Seneca Park Trails, Wegman Pavillion Parking Lot
- September 17: Helmer Nature Center, Irondequoit
- September 24: Burger Park Nature Trails, Hogan Point Rd

The program consists of 26 weekly hikes (weather permitting) over the park trail ways within the town of Greece, as well as visits to other county, city and/or town parks within Monroe County.

The average hike is 1 to 3 miles. Intensity of hikes is based upon distance and terrain, are low, moderate and high.

Participants should wear suitable clothing, footgear and headgear as well as bring your own water.

****Please call the CSC at 723-2425 by the Tuesday of each hike week to sign-up****